



# Chattanooga **PARKS & OUTDOORS**

Want to feel great in 2023? Keep up with the kids or grandkids. Don't want to always be out of breath with that walk in the park?

Want to feel this way for free or next to nothing?

We all do. Check out these classes to help. We want you feeling great, looking great and proud.

Start today. Here are 6 ways you can get fit for 2023.

1. Take a walk, ride, hike and explore in our parks.
2. Play outside. Hey, you won't have to deal with the summer heat right now, and playing outside will help with the dark days of winter.
3. Swim. Heck, it's free. We offer open swim to burn off energy or lap swim at our two indoor pools. (more info below).
4. Create your own exercise routine. Try one of our outdoor fitness zones in area parks like Brainerd, East Chatt, Warner Park, Shepherd, Avondale, Carver, and more!
5. Join a fitness class....like the ones below...with more to come!
6. Walk golf at Brainerd or Brown Acres Golf Clubs (Buy memberships too) or pick up tennis at Champions Club or our dozens of locations.

Fitness Classes and more:

-Chattanooga Fitness Center is FREE to use. Enjoy everything you get at the big box places. But if you are looking for something MORE extreme, try our "Fit for Duty Class".

-Water Fitness is available at both of our indoor pools! Chris Ramsey Pool (Formerly the Brainerd Center) and the South Chattanooga Pool near St. Elmo. (Free for open swim/lap swim!) These classes are for all and great for low impact but high results.

Schedule here: <https://chattanooga.gov/parks/recreation/swimming-pools>

Upcoming!

We are heading out to Greenway Farm in Hixson for two multi-week FREE classes, but you must register.

-Livin' Fit is a multi-component, evidence-based program of fitness and wellness that helps create and maintain an active life. Fitness, education, and friendship are all part of this 10 week FREE program. Held Mondays and Fridays from 10-Noon. Must register by calling 643-6600.

-Beginner's Tai Chi classes start Feb 21st at Greenway Farm in Hixson.

Taught by Tai Chi for Health certified staff

8 one-hour sessions (Must plan to attend all 8!)

Helps reduce arthritis/diabetes symptoms,

improves breathing, manages stress.

For all fitness levels!

It's fun, slow, easy on joints and

equivalent to moderate walking.

MUST register.

[www.hamilton.tennessee.edu](http://www.hamilton.tennessee.edu)

or call 423-209-8560

Chattanooga a [#CityInAPark](#)



# Top 6 ways to "Get Fit" with Parks and Outdoors

#CityInAPark

## WALK/RIDE/HIKE



**CREATE YOUR  
OWN  
EXERCISE  
OUTDOORS**

## PLAY OUTSIDE



**JOIN OUR  
FITNESS  
CLASSES  
AND PROGRAMS**

## SWIM INDOORS



**WALK GOLF  
AT OUR COURSES  
OR PLAY A GAME  
OF TENNIS**



*Chattanooga*   
**PARKS & OUTDOORS**

**FOR PARK, POOL, TENNIS, GOLF, HIKING LOCATIONS AND MORE, VISIT:  
[CHATTANOOGA.GOV/PARKS](http://CHATTANOOGA.GOV/PARKS)**





*JOIN US...*

# FREE BEGINNER TAI CHI CLASSES

TAUGHT BY TAI CHI FOR HEALTH CERTIFIED STAFF  
8 ONE-HOUR SESSIONS (MUST PLAN TO ATTEND ALL 8!)

HELPS REDUCE ARTHRITIS/DIABETES SYMPTOMS,  
IMPROVES BREATHING, MANAGES STRESS.

FOR ALL FITNESS LEVELS!

IT'S FUN, SLOW, EASY ON JOINTS AND  
EQUIVALENT TO MODERATE WALKING.

**TUESDAYS & THURSDAYS**  
**10:30-11:30**  
**FEBRUARY 21ST - MARCH 16TH**

**GREENWAY FARM**  
**4960 GANN STORE RD**  
**HIXSON**



**LIMITED SPACE**  
**MUST REGISTER!**  
**[HAMILTON.TENNESSEE.EDU](http://HAMILTON.TENNESSEE.EDU)**  
**OR CALL 423-209-8560**

# LIVIN' FIT<sup>©</sup>

Get Fit  
Live Fit  
Stay Fit



**10-Week Program**  
January 30th-April 7th

## All Levels Welcome!

LIVINFIT<sup>©</sup> is a multiple-component evidence based program of fitness and wellness that helps create and maintain an active life. Enjoy unique, engaging and fun fitness classes, education sessions and create lasting friendships!

## When?

FREE Classes held  
Mondays and Fridays  
from 10am till Noon.

MUST register by calling  
423-643-6600

**Limited Space!**

SCAN ME



For more info

**GREENWAY FARM  
CONFERENCE CENTER**

☎ 423-643-6600

📍 3008 Hamill Rd, Hixson

🌐 [www.livinfite.net](http://www.livinfite.net)

*Chattanooga*  
**PARKS & OUTDOORS**





**CHATTANOOGA FITNESS CENTER**

# **FIT FOR DUTY**

**A FREE PROGRAM DESIGNED  
TO GET YOU FIT FOR ACTIVE  
DUTY OR ACTIVE LIFESTYLE**

**TUESDAYS AND THURSDAYS  
4PM-5:45PM. JOIN ANYTIME!**

**INCLUDES:**

**HIGH INTENSITY TRAINING, USING ROPES,  
TIRES, HAMMERS, KETTLEBELLS, FIRE  
HOSES, WEIGHTS AND MORE.**



**1254 EAST 3RD STREET  
IN WARNER PARK NEXT TO  
THE CHATTANOOGA ZOO**



**423-643-6600**

*Chattanooga*   
**PARKS & OUTDOORS**



# **WATER FITNESS**

**SOUTH CHATTANOOGA POOL  
CHRIS RAMSEY CENTER POOL**



**MON/WED 10am at South Chatt Pool  
1151 W 40th St,  
TUE/THU 11am at Chris Ramsey Center  
1010 North Moore Rd**

**Just \$2 a visit. More info, call  
423-643-6608**